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Cops say lock doors in wake of disturbing incident

ASSAULT An 18-year-old downtown-area woman had a rude awakening Sunday when she awoke to a man she didn't know touching her.

Police said at approximately 6 a.m. on Jan. 25, a woman who was sleeping on her couch in an apartment complex in the 300 block of Chapel Street awoke to a man inappropriately touching her.

The suspect was confronted and left the apartment.

Ottawa police Staff Sgt. John McGetrick said police are issuing a public warning to let people know the incident happened in the downtown area and to remind people to lock their doors.

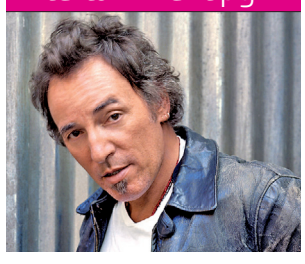
The suspect is described as an English-speaking white male, 20 to 25 years old, 6-1, with a large build and a round face with glasses.

He has short black hair, was unshaven and wearing jeans and a light coloured T-shirt.

Anyone with information is asked to contact police at 613-236-1222, ext. 5944.

TRACEY TONG/METRO OTTAWA

Entertainment pg 12



Springsteen returns

Your Money pg 8

The ins and outs of bankruptcy

CHRIS WATTIE/REUTERS

Gov. Gen. Michaëlle Jean and Prime Minister Stephen Harper laugh before the speech from the throne in the Senate chamber on Parliament Hill yesterday. See national budget coverage on pgs 4, 6, 7

What Ottawa wants

TRACEY TONG
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With the federal budget set to be tabled today, the mayor of Ottawa has new funding for the city's infrastructure high on his wish list.

Aimed at creating jobs and stimulating the sputtering economy, yesterday's announcement of $7 billion in new infrastructure spending by Minister of Transport, Infrastructure and Communities John Baird will leave a lasting legacy on the city, said Mayor Larry O'Brien.

"The City of Ottawa needs be in the best possible position to take advantage of this new funding from the federal government, as soon as it becomes available, in order to maintain and repair the city's existing infrastructure, support local industries and create jobs in the community," said O'Brien.

"It is our responsibility to ensure we are ready to benefit from this new investment."
Mayor Larry O'Brien

In preparation for the announcement, staff and council are working to develop a priority list of all ready-to-go city projects, including public transit, to be approved by council Feb. 11. The projects have the potential to create more than 6,000 jobs in the city.

"This provides us with the opportunity to help our economy now, and it is our responsibility to ensure we are ready to benefit from this new investment," O'Brien said.

Ontario Premier Dalton McGuinty also agreed that he wanted to see money for infrastructure.

"Ontarians want the federal government to invest in meaningful infrastructure projects that improve the competitiveness of our economy and ensure that economic stimulus stays in the country," he said.

McGuinty said shovels need to be put into the ground quickly to help the province "emerge from the economic slowdown with a legacy of major, transformational investments, such as transit, transportation and water infrastructure projects.

"They'll make our economy more efficient, and they'll pay for themselves in the future," he said.

Minister of Housing and Municipal Affairs Jim Watson said he wanted to see money for affordable housing in Ottawa.

"I believe that one of the greatest needs the city has is for the federal government to understand that affordable housing investment is a must," said Watson.

"Affordable housing funding will create jobs and will help people in these tough economic times — it's a perfect stimulus package. It is essential that any money flow quickly and not be bogged down with red tape and paperwork."

Canada 2009
Federal Budget

Crash leaves woman dead at the scene

ACCIDENT A 51-year-old woman was killed in a crash involving a car and a minivan in Orleans yesterday morning.

At around 8:05 a.m., paramedics responded to a call for a motor vehicle collision on Charlemagne Boulevard near Bottreill Way.

According to police, a Honda Civic was travelling westbound on Charlemagne Boulevard when it lost control, entered the eastbound lane and was struck on the passenger side by an oncoming Ford Windstar.

"It was a serious collision."
J.P. Trottier

"It was a serious collision," said Ottawa paramedic spokesman J.P. Trottier.

"There was a lot of damage to the car and it took a while for firefighters to extricate (the female driver) from the vehicle."

Upon paramedic arrival on scene, the 51-year-old female driver of the four-door Civic had no pulse, said Trottier. Paramedics treated her for life-threatening head and internal injuries, but declared her deceased at the scene after all resuscitative measures were exhausted.

Policing are not releasing the identity of the victim pending notification of next of kin.

Paramedics also treated the 62-year-old male driver of the minivan for neck and back injuries. He was taken to hospital, where he is in stable condition. The 16-year-old passenger of the minivan was not injured, but was taken to hospital as precaution.

Ottawa police are now investigating the incident.

TRACEY TONG/METRO OTTAWA

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Men feted for achievements in treatment program
The Ottawa Mission will celebrate the successes of two local men at a ceremony at the shelter tomorrow morning. Staff and residents will celebrate two men who have completed a five-month addictions treatment program. METRO OTTAWA

Local

Students set play date to aid kids' dreams

Graduating students from Algonquin College's event management program are recreating a live version of the 1970's popular game show The Dating Game on Thursday, Feb. 5, as a fundraiser for the Children's Wish Foundation. All proceeds go towards helping grant wishes for children facing life-threatening illnesses. Tickets are $6 at Grace O'Malley's east. METRO OTTAWA

Strike Survivor
OC Transpo Strike/Day 49

Robin Fothergill-Brown

City: Hull, Que.
Age: 19
Occupation: Interviewer at Elemental Data Collection

"I haven't been affected too much by the strike. I'm still taking the bus to work. I live in Hull, so I take the STO.

"I take care of most of the things I need to over on the Quebec side. If I go out in Ottawa, well, the STO buses take me downtown. That's as far as I need to go in Ottawa. I need to go to a store that's a fair walk from downtown, but I'll wait until this is all over to go."

Strike 'ethical issue': Religious leader

TIM WIECLAWSKI
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With so many people in the city suffering without public transit, the strike has moved beyond being simply a labour dispute, said Ottawa's religious leaders yesterday.

At a rally in front of city hall, top officials from Ottawa's Jewish and Christian communities signed letters to the mayor and the OC Transpo drivers union urging them to end the 49-day-old strike and get the buses rolling as soon as possible.

"It's become an ethical issue," said Anglican Bishop John Chapman. "Too many of the marginalized people, like the elderly and the very young are being hurt."

Rabbi Arnold Fine with Congregation Beth Shalom said they were not taking sides in the dispute. They just want everyone to get back to work.

"Getting back to work refers not only to drivers, but also to city hall," he said. "We need to get back together so this community can go forward. So those people who are suffering can get back to the things they should be doing."

Catholic Archbishop Terrence Prendergast said the demonstration yesterday is part of a growing sense throughout the city that something has to be done.

"When we hear the union and the city are getting together we have hopes and then they're dashed," he said. "It's been going on over and over. Something has got to give."

Earlier in the day, around 100 gathered and marched from city hall to Parliament Hill to call on the government to include OC Transpo drivers in federal safety regulations.

"Drivers are able to work as many hours as they want, as many days as they want because there is no regulation," said Catherine Gardner, rally organizer and community activist. "They are ticking time bombs. Nobody can survive on that little sleep and that many days of work."

Marie-Christine Gauthier brought her two daughters to the morning rally because she said the strike has lasted long enough.

"It doesn't matter as long as it ends," she said. "There hasn't been a lot of public protest and I think we've gotten to the point where the people need to come out and have their voices heard, because neither side is budging."

TIM WIECLAWSKI/METRO OTTAWA

Since the strike began, many of Stephanie Heroux's Special Olympics programs have been cancelled. Yesterday, she joined around 100 people in a public rally from city hall to Parliament Hill.

Request for provincial aid denied

• Emergency funding for social services to help people struggling during the transit strike will not be coming from Queen's Park.

Yesterday, during question period in Toronto, Nepean-Carleton Conservative MPP Lisa MacLeod asked the provincial government to offer additional one-time funding, but Ottawa Nepean West Liberal Jim Watson dismissed the suggestion.

"The city claims to be saving $3 million per week during the strike, if they need any additional funding for social services they can take it from that," said Watson, insisting that the best way to deal with the strike is for both sides to come to the table and stay there until they reach a deal.

Many of the strike mitigation measures are being administered through community health resource centres, which receive 80 per cent of their funding from the province, so it is not as if the province is not helping, said Watson.

However, MacLeod insisted the current funding is not enough and demand for help is increasing as the strike continues.

TIM WIECLAWSKI/METRO OTTAWA

Ottawa
OC Transpo Strike

metronews.ca
WHAT'S ONLINE TODAY

Your Money Allan Small on what you should look for in an investment adviser at **metronews.ca/investing**

Video The Tories announce billions in infrastructure funding, and Michael Ignatieff accuses the government of having a "split personality" at **metronews.ca/canada**

Lotteries

Ontario Pick 3: 8 4 1; **Ontario Pick 4 :** 8 6 6 0
Encore: 8753377
Daily Keno: 4, 10, 13, 17, 21, 25, 26, 28, 32, 36, 39, 43, 46, 52, 55, 57, 63, 67, 68, 70
These results are not official.

FurBall fundraiser in March

GALA Animals at the Ottawa Humane Society will get a helping hand as the nonprofit organization recently announced its fifth annual FurBall gala.

To be held at the end of March, the gala raises money for animal care, emergency rescue programs, public education and humane education for the shelter's school programs, said Ottawa Humane Society spokeswoman Tara Jackson.

"Everything is funnelled into operations for the 11,000 animals that we help every year," she said.

After the walkathon in September, the gala is the shelter's biggest fundraiser of the year. While the walkathon is geared toward families, the gala allows the shelter to reach out to a different segment of animal lovers, said Jackson.

This year, Laureen Harper will return as honourary chair of the gala.

Despite hard economic times, Jackson said the shelter is hopeful the support will remain. While last year's gala raised $119,000, Jackson said this year's goal is to raise the same.

The FurBall is held at the National Gallery of Canada on March 28.

TRACEY TONG/METRO OTTAWA

Tim Hortons robbed twice in 24 hrs

TRACEY TONG
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For the second time in a little more than 24 hours, armed men robbed a Tim Hortons' coffee shop at 1384 Baseline Rd.

At 9:31 p.m. Sunday, two males armed with a revolver and a knife entered the Tim Hortons at 1384 Baseline Rd. through the front door, police said yesterday.

A man with a knife allegedly grabbed one of the staff and forced him to open the cash registers. The male with the gun grabbed the other staff member and forced him to the back of the restaurant. Both males fled the scene through the back door.

The suspects are both English-speaking males of Middle Eastern descent.

The first suspect spoke English with a heavy accent and had a deep voice. He is between 20 and 24 years old, 5-4 and 135 pounds. He was carrying a knife, wore a red bandanna over the lower part of his face, a black tuque, black coat and gloves.

The second suspect spoke English with a slight accent and is described as 5-8 with a thin build, in his mid-20s with dark skin. He was wearing a red bandanna over the lower part of his face, a black hoodie pulled up, no jacket and black jeans at the time of the incident. He was carrying a revolver in his right hand.

No connection

• Although police investigated an armed robbery at the location at 7:30 p.m. Saturday, the incidents are not believed to be linked.

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4

Manitobans buck green trend
Manitobans are throwing away more garbage than ever before, earning the dubious distinction of being the worst recyclers in the country, Statistics Canada says. **CBC NEWS ONLINE**

Canada

Speech sets the stage

Words aside, the numbers are what count, and today's federal budget was always the main event.

The speech from the throne, delivered yesterday by Gov. Gen. Michaëlle Jean, reopened the 40th Parliament with a brief, gloomy prelude to the budget that the government has already said will bring tax relief and about $13 billion in new spending.

Canada 2009 Federal **Budget**

There were none of the usual trappings of throne speech day: No honour guard, no red carpet, no fanfare for the arrival of the Queen's representative. A -32 C wind chill ruled out a 21-gun salute.

The speech — 3½ pages long, in contrast to the 16-page address delivered by Jean two months ago — was austere in its outlook, but more conciliatory in tone.

In a world "threatened by a struggling economy," Prime Minister Stephen Harper called on the spirit of co-operation that prevailed during other "times of great crisis" — war, economic depression and "moments when great policy division tugged the very bonds of this union."

TORSTAR NEWS SERVICE

Ottawa **Senators sworn in**

CHRIS WATTIE/REUTERS

New Senator Pamela Wallin stands at her desk before the speech from the throne in the Senate chamber yesterday. Wallin was one of 18 senators sworn in yesterday, a group that includes Mike Duffy and former Olympic skier Nancy Greene Raine.

Canada 2009 Federal **Budget**

Upcoming Coverage
Tomorrow
- **The breakdown on who gets what**
- **Reaction from the Opposition coalition**
- **Profiles on locally affected families**
- **How did Canada's major cities fare?**
- **Infrastructure and the environment**
- **Kate MacNamara from CBC gives Metro her take**

National **Wish** Lists

Budget priorities from Metro newsrooms across the nation

HALIFAX

Like Christmas morning, many people across Nova Scotia will be waking up today hoping for tons of new loot.

Nova Scotia Premier Rodney MacDonald is looking for green stimulus funds, but said some new projects, like twinning highways, need to be done. MacDonald also listed education, the Atlantic Gateway and more employment insurance money as priorities.

Halifax Regional Municipality Mayor Peter Kelly said he hopes the money is distributed quickly.

TORONTO

Accelerating infrastructure projects and getting shovels in the ground are two priorities that Toronto Mayor David Miller and Ontario Premier Dalton McGuinty hope they can act on. That is, if today's federal budget comes through with the required federal funding both leaders seek.

Politicians have complained that Ottawa has made repeated promises of cash from a $33-billion federal infrastructure fund, but the money remains in limbo, stalling many projects.

ALBERTA

The mayors of Alberta's two largest cities agree that today's budget announcement must address municipal infrastructure in each city.

Calgary Mayor Dave Bronconnier went a step further and said funding for housing is very important, as well.

Meanwhile, Premier Ed Stelmach called for more support for "individual Albertans," focusing on issues such as airport fees and the cost of credit card transactions to small businesses.

VANCOUVER

Social housing, transportation and sewage infrastructure top the wish list of B.C.'s largest cities.

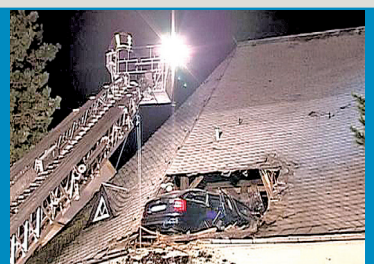
Vancouver Mayor Gregor Robertson wants funding for new social housing units and money to accelerate the completion of a light rail transit line to the University of B.C.

Surrey Mayor Dianne Watts is hoping for sewage system upgrades.

Premier Gordon Campbell said housing and highways are his priorities.

Infant death from suffocation has quadrupled in the U.S., researchers say
Rates of sudden infant death from suffocation or strangulation have quadrupled in the past 20 years in the United States, most apparently from parents sleeping with their babies, government researchers reported yesterday. Black male babies are the most affected, but it is not clear why. REUTERS

World



Car crashes into church roof

A German motorist missed a bend in the road, broke through a barrier and hurtled up a bank, crash-landing on a church roof in eastern Germany, police said yesterday. The bank propelled the black Skoda about 35 metres forward and straight into the church's roof frame, where it remained wedged seven metres off the ground. The 23-year-old driver suffered serious injuries. REUTERS

Law bans retaliation in sex harassment cases: U.S. court

WORKPLACE An employee is protected from being fired for answering questions during an employer's investigation of sexual harassment, the U.S. Supreme Court ruled yesterday.

The unanimous court ruled that anti-retaliation provisions for employees who report workplace discrimination also extends to an internal investigation of a supervisor or worker.

"Nothing in the statute requires a freakish rule protecting an employee who reports discrimination on her own initiative but not one who reports the same discrimination in the same words when her boss asks a question," Justice David Souter said.

The ruling decided an important workplace issue. Federal lawyers said victims would be unwilling to cooperate in employer investigations if they faced punishment like the loss of their jobs. REUTERS

Congo **Break from battle**

ALISSA EVERETT / REUTERS

A government soldier carries her infant on her back yesterday at Mushake in eastern Congo. Congolese Hutu rebels said on Sunday they had clashed for the first time with a Rwandan-Congolese force deployed to crush them. Civilians expressed fears they would be caught in the violence.

News in brief

TRAVOLTA A Bahamian medic pleaded not guilty and was held yesterday on charges he conspired to extort $25 million US from John Travolta after the actor's son died in the Bahamas this month. Police said last week they were investigating a complaint by Travolta of an extortion plot against him.

GAZA European countries pledged yesterday to help prevent arms smuggling into Gaza. Israel has said Hamas used tunnels between Gaza and Egypt to move weapons. REUTERS

Obama tackles climate policy

U.S. President Barack Obama began reversing the climate policies of the Bush administration yesterday, clearing the way for new rules to force automakers to produce more fuel-efficient and less polluting cars.

The president told the U.S. Environmental Protection Agency to reconsider a request by California to impose its own strict limits on vehicle carbon dioxide emissions, blamed for adding to global warming.

Former president George W. Bush's administration had denied the request, prompting California and other states to sue.

"The federal government must work with, not against, states to reduce greenhouse gas emissions," Obama said.

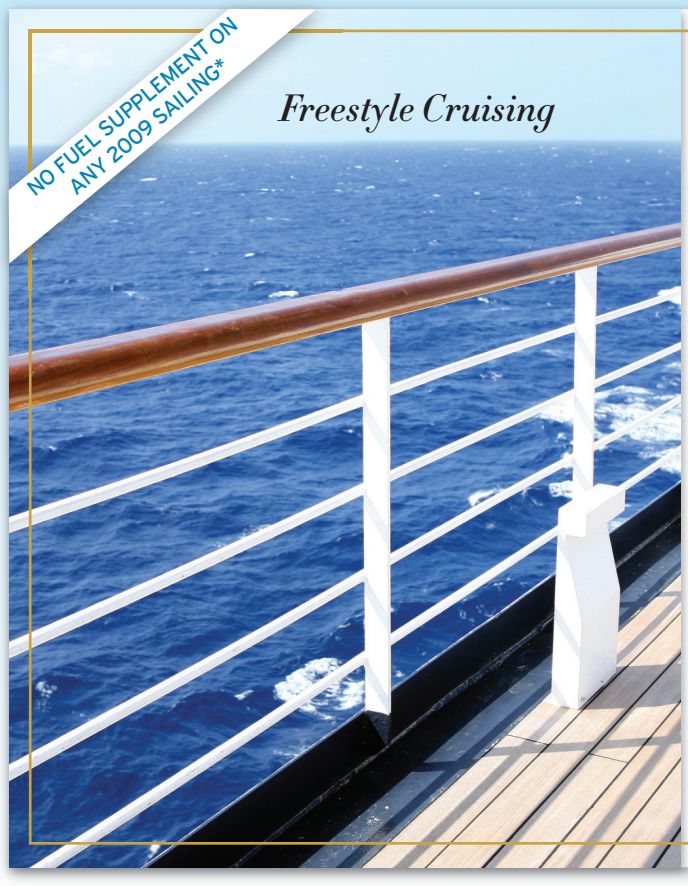
Obama's directive, which is likely to result in a formal change in the coming months, could prompt as many as 18 states to follow California's lead.

The president also directed the Department of Transportation to move forward with stricter fuel efficiency standards for cars. REUTERS

Striving for peace

- Obama vowed yesterday that his new Middle East envoy George Mitchell would engage vigorously in the quest for Israeli-Palestinian peace, and expressed confidence he would achieve concrete results.

AIR CANADA VACATIONS



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Comment & Views

Comment

PM's credibility dwindling

NationalReport

Lawrence Martin

Canada 2009 Federal **Budget**

"He's starting to sound like a New Democrat," Jack Layton said yesterday, speaking of Stephen Harper.

The NDP leader, alluding to plans in the Conservative budget to invest in social housing, was describing how the government would do anything to survive. Anything.

Yesterday was the throne speech highlighting a new tone of bipartisanship. Today will be the neck-saving budget. We can say neck-saving because more than half the budget has already been deliberately leaked as part of Mr. Harper's effort to strategically manipulate the news agenda.

The multibillion-dollar fiscal stimulus combined with tax cuts will likely be enough to satisfy Liberal Leader Michael Ignatieff, who doesn't want an election now and who will argue that his party forced the government's hand. The bottom line is that a prime minister chastened by his near calamity last fall will live to see another day.

His sense of desperation has seen him enter into a contradiction of staggering dimension, one of the biggest flip-flops Ottawa has ever seen. Only two months ago the government was assuring one and all that, in the words of Finance Minister James Flaherty, "The days of chronic deficits are behind us."

This was after Mr. Harper promised in the election campaign that there would be no deficit. Then last week, the government announced there would be five years of deficits. Not just any deficits. But huge deficits — $64 billion over the next two years.

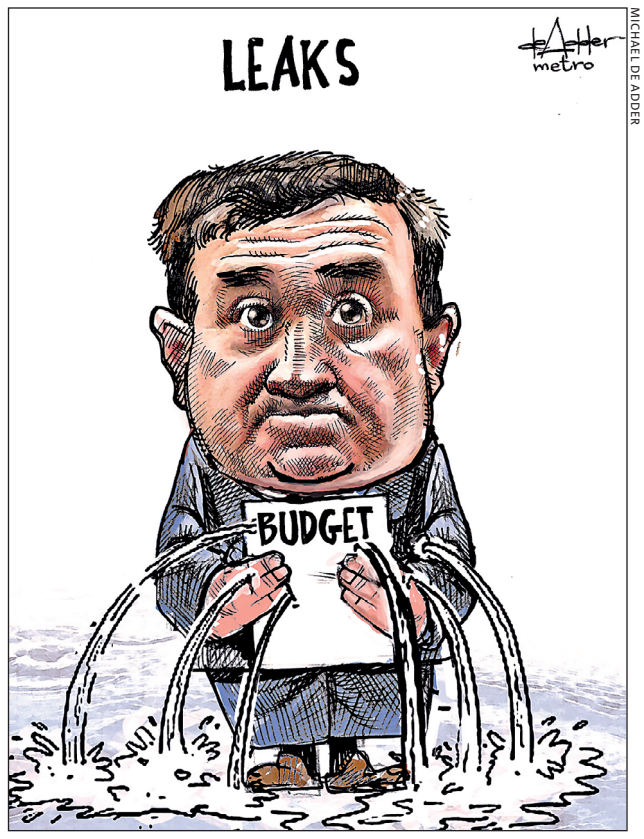
The amazing about-face constituted the toughest challenge for the PM to surmount. But his adroit use of pre-budget leaks has done the deed. The folks in the Prime Minister's Office know that the media only hangs on to a story until the next good one comes along. So after leaking the $64-billion story, they followed it with other pre-budget news. The story of the stunning deficit reversal was a one-day wonder.

It's not a question of whether big deficits in this teetering economic climate are necessary. They may well be.

But what it does highlight is once again the question of credibility. Again it is clear with this government that it is all about political manipulation, of taking advantage of the gullible, of thinking that the people will forget what was stated categorically before and believe the Harper team now.

"It's all about 'doublespeak,'" Mr. Ignatieff said. "The stubborn reality is a problem of trust."

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

National securities regulator needed now

InBusiness

Charles Davies

Veteran Business Writer

Canada 2009 Federal **Budget**

In Canada, there's nothing as resistible as an idea whose time has come. Thomas Hockin, chair of the Expert Panel on Securities Regulation in Canada, says the time is right for the creation of a national securities regulator.

Of course, some have been saying this since 1935, when the suggestion was first aired by the Royal Commission on Price Spreads. Hockin's panel wants to replace our fragmented system of 13 provincial and territorial securities commissions with one regulator that will make public companies more accountable while eliminating overlaps and unnecessary compliance costs.

Were it not for parochialism and myopia (mainly in Alberta, B.C. and Quebec), we might already have a national commission. Indeed, the federal government, mainly in the person of Finance Minister Jim Flaherty, has decided to ignore constitutional and court challenges and create a national regulator anyway. Expect an announcement in the budget announcement today.

Investors shouldn't breathe any sighs of relief, though. A national regulator is a necessary foundation for sound market regulation, but it's only one pillar of a viable system. For Canadian and foreign investors to have genuine confidence in our capital market, we need much more. We require truly vigorous enforcement, a knowledgeable judiciary that can move with relative speed and impose meaningful penalties when necessary, and an auditing regime that ensures the fullest possible disclosure and transparency for public companies. The status quo is clearly unacceptable.

Despite rare exceptions, such as the Research In Motion stock option accounting case, wrongdoers usually go unpunished. In some cases, notably Bre-X, no one is ever found accountable.

No commission, national or otherwise, will succeed unless the RCMP's lacklustre integrated market enforcement teams are replaced with something better funded and better directed, such as a new national enforcement branch as part of the new regulatory structure suggested by Hockin's panel. Judges will need better training and resources to move with greater speed and expertise to bring cases to conclusion. And laws need revision to ensure that, when convictions result, there are meaningful sentences or fines.

Underpinning these reforms, Canada needs tough, transparent auditing. This doesn't mean international financial reporting standards, which Canadian auditors are pushing Canadian companies to adopt by 2011. The existing system, Canadian generally accepted accounting principles, is hardly without faults, but with refinements, it would give investors much more confidence that Canadian companies' books are uncooked.

Charles Davies is a veteran business writer and editor who has worked for news organizations and publications including Business Week, Canadian Business, Report On Business magazine, Reuters, and Financial Post.

Letters

It's time Ottawa deemed public transit an essential service

Our community has hoped that city council would take the urgent action that has long been needed and offer true assistance to all Ottawans adversely impacted by the strike.

Or, at the very least, recognize public transit as an essential service and fight to have it deemed as such in order to have service resumed now and to circumvent such a crisis in the future.

Anyone experiencing or having knowledge of the hardships that the majority of residents of this city have experienced would surely recognize the essential nature of this service in Ottawa.

Whereas the city has been saving $3 million a week during the transit strike (taking into account lost revenue from advertising and credits OC Transpo will provide to bus riders once the strike is over, but not the profits the city is making on municipal parking lots and meters during the strike), the city's assistance to date has been highly inadequate.

These funds should not be used to reduce the gaps in the city's budget, but need to be applied immediately to assist the city's residents who have been so severely impacted by the loss of public transit. The city is in a position to provide much more to its residents.

It's time for city council to do everything in its power for public transit to be deemed an essential service to the residents of the city of Ottawa. It's time for city council to take the city's savings and profits created by the strike and significantly increase assistance for a much wider range of Ottawans to reduce the impact the strike has had and is having on our city.

MICHELLE KOBYLKA, PRESIDENT, ARBOUR GLEN COMMUNITY ASSOC.

Metro Online Poll Results

31% SAID YES	Do you support the Tory government's decision to run $64-billion deficit over two years?	69% SAID NO

Weigh in on today's question at metronews.ca

It's your turn to tell others what you think. E-mail your thoughts and opinions to: ottawaletters@metronews.ca

Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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Starbucks pulls peanut products
Starbucks has pulled all products containing peanut butter from its stores in the U.S. and Canada as a safety precaution, amid a U.S. salmonella outbreak linked to products from Peanut Corp. of America's processing facility in Georgia. **REUTERS**

Business

DOLLAR 0.47¢ | C$ 81.69¢ US | US$ $1.2241

OIL $45.73 US | $0.74

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

TSX rallies on banks and energy

MARKETS Toronto's S&P/TSX composite index climbed yesterday as rising European financial shares helped boost their Canadian counterparts, while a rally in oil prices powered the resource heavy index.

A recovery in beaten-down bank shares overseas helped set the tone for Toronto, which is made up of 33 per cent financials, as the index rose a modest 28.54 points, or 0.33 per cent, to 8,656.51 points. **REUTERS**

Gates Foundation posts big losses

NON-PROFIT The Bill & Melinda Gates Foundation has lost 20 per cent of its assets in the recession, but will still increase spending on global health, education and other causes this year, Microsoft founder Bill Gates said.

Spending will increase from about $3.3 billion US in recent years to $3.8 billion US. **REUTERS**

70,000 laid off globally

LAYOFFS A tidal wave of layoffs washed across the world yesterday, sending tens of thousands of workers into joblessness as the global recession worsened.

Despite the corporate gloom, markets rallied on some of yesterday's other news: No. 1 drugmaker Pfizer Inc. said it would buy rival Wyeth for $68 billion US.

Yesterday's layoff announcements, affecting more than 70,000 workers, started in Europe, with electronics maker Philips reporting 6,000 job cuts.

Dutch bank ING cut 7,000 of its 130,000 jobs, while European steelmaker Corus said 3,500 jobs would go worldwide, including 2,500 in Britain.

In the United States, heavy equipment maker Caterpillar said it would eliminate nearly 20,000 jobs.

Mobile service provider Sprint Nextel Corp. said it will cut up to 8,000 jobs, or about 14 per cent of its workforce. Retailer Home Depot Inc. said it will cut 7,000 jobs, or about two per cent of its workforce. And General Motors Corp. said it would lay off 2,000 more workers at two assembly plants.

On the flip side of Pfizer's deal for Wyeth, Pfizer said it will cut 15 per cent of the companies' combined 130,000 workers — about 19,500 jobs. **REUTERS**

REUTERS/BRENDAN MCDERMID

Jeffrey Kindler, chairman and CEO of Pfizer, smiles during a news conference announcing the merger of his company with U.S. rival Wyeth in New York, yesterday.

$7B for infrastructure: Baird

There has never been a better time to fix everything that's broken in Canada.

Canada 2009 Federal Budget

Or that's what the economists say, and it seems the federal government agrees.

Yesterday, John Baird, minister of transport, indicated the government will invest $7 billion in infrastructure as part of the stimulus package to be unveiled today.

Of the $7 billion Ottawa has earmarked for infrastructure, the government says it will throw $1 billion toward green energy projects, which, according to Gauthier, would be a much needed investment, especially in Ontario where 80 per cent of the energy sources will expire within the next 20 years.

"You don't want to do this when the economy is running full steam," explains Pascal Gauthier, a TD economist, of the governments' timing. "It's better to do it if you can at a time like this when the private sector is in contraction mode. You don't want public expenditures to elbow out private investment."

That sentiment was echoed by Joe Martin, director of Canadian business history at the Rotman School of Business.

To get the most out of the taxpayer-funded $7 billion, Martin said businesses competing for prospective contracts should "be able to put the shovel in the ground immediately. If it has to wait until 2010, that's probably too late." **TORSTAR NEWS SERVICE**

Business in brief

AUTOS General Motors will lay off 2,000 workers at two assembly plants and temporarily idle another nine plants in response to weaker demand.

ENVIRONMENT Wal-Mart wants to eliminate the use of phosphates in detergents and will require a 70 per cent reduction of the compound by 2011 in laundry and dish detergents sold in its Americas region. It also plans to cut packaging by five per cent by 2013 in the region. **REUTERS**

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RRSPs right for everyone?

MoneyMatters

Henry Choo Chong
choochonghcga@yahoo.ca

Q I am in my late 20s. I have never contributed to a Registered Retirement Savings Plan. This past December, I received a large bonus. I was advised to move all of it into a RRSP. Can I, or better yet, should I? Graham

A 'Tis the season for RRSPs. You cannot escape the media hype that overwhelms our radio waves, television screens and billboards with ads and promotions that encourage individuals to buy RRSPs. Is this a bad thing?

Not necessarily so! Some individuals need the persuasion, encouragement, or motivation to save for their retirement.

This year will be more challenging than the past for financial institutions to get your RRSP dollar. Many RRSP holders have sat helplessly as their retirement nest continues a downward trajectory.

Regular contributors should focus not on "if" they should buy RRSPs but the type of investments they hold. Not many investors have experienced several years of a no-growth stock market. Diversification maybe key in this market.

Before contributing, determine if this money is for retirement or use in a year or two. The new Tax Free Savings account (TFSA) may suffice. Contact you financial adviser and get some feedback.

"Before contributing to your RRSPs, determine if this money is for retirement or use in a year or two."

Your RRSP contribution limit is based on:

- 18 per cent of your earned income from the prior year or;
- The maximum annual contribution limit for the taxation year ($20,000) — less previous year's pension adjustment.

Check your 2007 Notice of Assessment, it would indicate any carry-forwards that you have.

Reach Henry Choo Chong, CGA, at choochonghcga@yahoo.ca.

Bankrupt: Now what?

SmartCookies

smartcookies.com

In today's economic climate, filing for bankruptcy is an unfortunate reality. However, before taking this drastic measure, it's important to understand the ins and outs of bankruptcy, your options and the long-term consequences.

What is bankruptcy?

According to Canadian law, bankruptcy is the act of legally declaring that you are unable to pay your creditors. When someone declares bankruptcy, a trustee appointed by the court oversees the bankruptcy process. This trustee acts as a negotiator on behalf of the person declaring bankruptcy and the creditor to try and ensure that both interests are looked after.

How does filing bankruptcy affect my credit score?

Depending on your circumstance and debt, a declaration of bankruptcy can remain on your credit history anywhere from six to 10 years. This means that you will most likely not be able to, on your own, obtain credit in any form; credit cards or lines of credit, car loans, mortgages, cell phones — you name it. A bank account is the extent of what you will most likely qualify for.

A declaration of bankruptcy can remain on your credit history anywhere from six to 10 years.

What are my options?

If you've exhausted all other options, it's a good idea to speak with a credit counsellor. Credit Counselling Canada (creditcounsellingcanada.ca) is a non-profit agency that offers free and confidential counselling. With a counsellor you will be able to review your current financial situation, explore options and find the best solution to your situation.

How can I work my way back from bankruptcy?

The first step is to change your spending habits. It's time for a complete overhaul to your financial life. You need to start living within your means, paying off that debt and putting money away for an emergency savings. And keep your eyes on the prize: Create a plan and make a vision board to map out where you need to go and how you are going to get there.

How can I avoid bankruptcy altogether?

To avoid having to go down the bankruptcy road you want to avoid the vicious cycle of debt. Pay all your bills in full or at least make more then the minimum payment, stay on top of your loans if you have any, start living within your means and begin to follow a spending plan. If you start to fall behind on bill payments, call your creditors and make a plan.

"To avoid having to go down the bankruptcy road you want to avoid the vicious cycle of debt."

Check out Smart Cookies on W Network, Mondays at 10:30 p.m. And visit smartcookies.com for more on creating a spending plan, cutting debt and keeping your credit score high.

If you have questions or suggestions for the Smart Cookies, we'd love to hear them. E-mail us at smartcookies@metronews.ca.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small

What makes a good financial adviser? Read this week's column at metronews.ca

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YMCA-YWCA

This Pre-Apprenticeship Training Program is funded by the Government of Ontario.

Read more Metro online today. metronews.ca

Another Cowboys' reality show
The Dallas Cowboys' Terrell Owens will star in his own reality show this summer. VH1 announced yesterday the series takes place in the off-season. Owens' friends Monique Jackson and Kita Williams will work as his "matchmakers and therapists." Former Cowboy Michael Irvin will also have a reality show. METRO NEWS SERVICES

Sports

"Back in 2004, at first Rodriguez did his best to try and fit into the Yankee culture – his cloying, B Grade actor best."

Excerpt on Alex Rodriguez from Yankee Years, the upcoming book co-written by former New York Yankees manager Joe Torre and SI.com writer Tom Verducci. SOURCE: ESPN

JOHN.CHICK@METRONEWS.CA

Brown named first star of week

NHL The Los Angeles Kings' Dustin Brown, the Edmonton Oilers' Alex Hemsky and Carolina Hurricanes goaltender Cam Ward are the NHL's three stars of the week. Brown scored game-winning goals in consecutive road contests. Hemsky scored two goals and two assists in his lone game last week, a 4-3 win over Columbus. And Ward blocked 67 of 68 shots to help Carolina earn two road victories.

Pettitte re-signs with Yankees

MLB Andy Pettitte and the Yankees agreed yesterday to a $5.5-million US, one-year contract that brings the left-hander back to New York. The veteran left-hander can make an additional $6.5 million in performance bonuses and incentives based on time on the active roster. Pettitte joins a starting rotation that already includes CC Sabathia, AJ Burnett, Chien-Ming Wang and Joba Chamberlain. The deal raised the Yankees' projected opening-day payroll to $196.8 million for 17 players with agreements.

Two minor-league deals for Jays

MLB Outfielder Jason Lane and infielder Brandon Fahey signed minor-league deals with the Toronto Blue Jays yesterday, and both were invited to spring training. Lane, 32, appeared in 110 games between Triple-A Scranton and Pawtucket last season. Fahey, 28, posted a .226 average with nine doubles and 12 RBI in 58 games last year with the Orioles.

METRO NEWS SERVICES

For more sports coverage, visit us online at www.metronews.ca/sports

Tennis, everyone

Though the pros are currently on display at the Australian Open, every Sunday, the children in the Jane-Finch Community Tennis League in Toronto eagerly summon their inner champion with pint-sized racquets, spongy balls and a steely commitment.

"If we weren't doing this, we'd just be bored at home because there are no other activities around," said Mithura Thasan, a seven-year-old who, with her brother Miduran, 9, play in the team tennis program at Tennis Canada's indoor Centre of Excellence.

"We have great teachers here, I've made some new friends and you can help each other win."

Helping each other win, breaking a sweat and making new friends are, perhaps, the obvious benefits of the 140-player league for seven- to 14-year-olds. However, another reason Tennis Canada, local school, civic and parent representatives created this hands-on, community-run initiative in 2006 was to provide a safe recreational option in a troubled neighbourhood.

An unpleasant reality in the infamous Jane-Finch quadrant is that gangs, guns, death and drugs too often make headlines when residents clash with each other and police.

Yet another truth is this same area is brimming with the promise and potential of youth, aided by parents determined to make a difference in their own backyards.

But tennis?

How does a sport with roots in snooty white country clubs engage a largely non-white population? The Rexall Centre is only steps away from the massive San Romanoway apartment complex at Jane and Shoreham, but most residents had never set foot in the nation's tennis temple.

"In the beginning, I thought this might not work out because a lot of kids haven't been exposed to tennis before," said league convenor Tamasha Grant, a City of Toronto parks and recreation employee.

"At first, when we tried to get kids involved, there was still that stigma attached to tennis: They (thought they) had to be rich ... so we really had to break down that barrier for a lot of these kids."

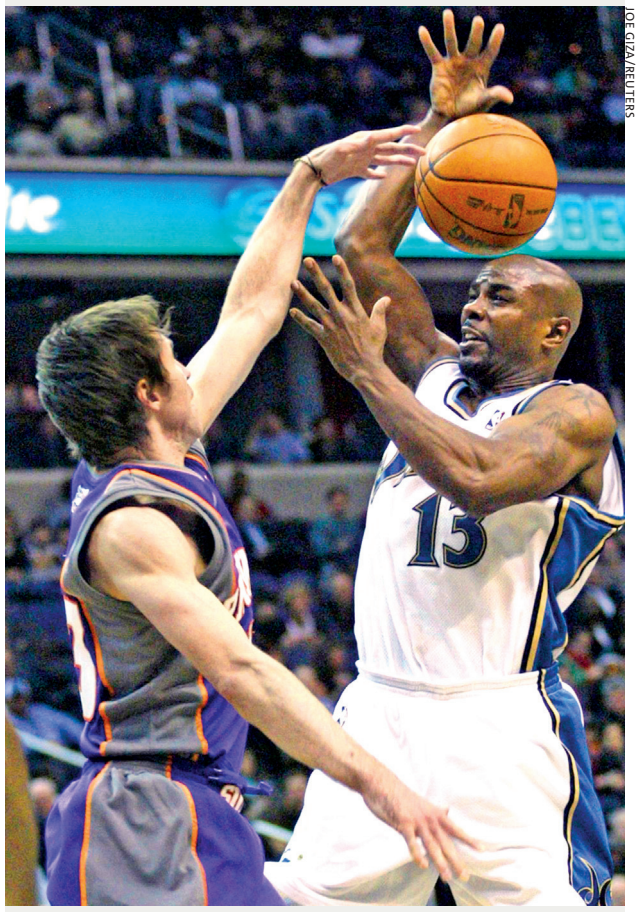
It's also affordable. The entire winter session costs about $20 and includes a racquet that players keep.

TORSTAR NEWS SERVICE

LUCAS OLENIUK/TORSTAR NEWS SERVICE

Eight-year-old Samantha Ho participates in the Jane-Finch Community Tennis League in Toronto on Sunday.

NBA Nash the shot-blocker



JOE GIZA/REUTERS

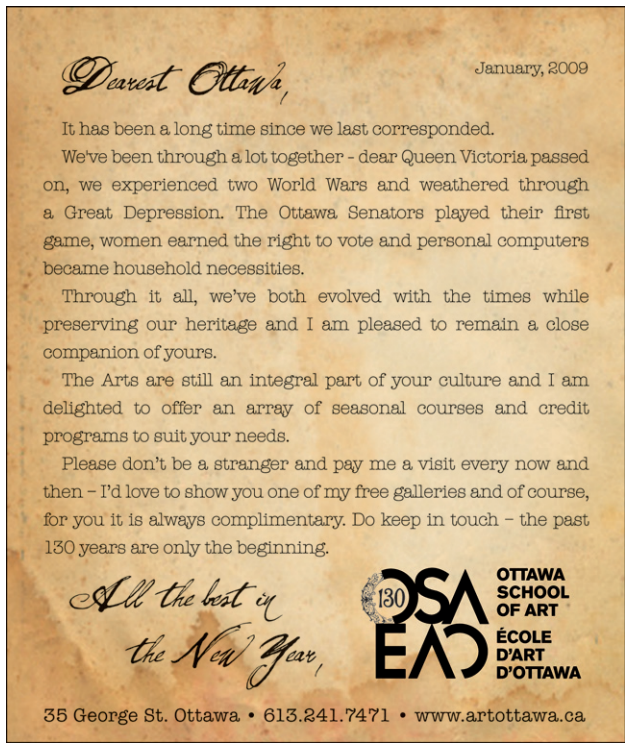
Steve Nash of the Suns blocks a jump shot by the Wizards' Mike James in Washington last night. Phoenix won 103-87.

Sports in brief

SOCCER AC Milan has become increasingly confident of mounting a full Serie A title challenge this season and is quietly hopeful David Beckham will stay long-term. Speculation is now rife that Beckham, who has joined Milan to stay in the England reckoning during the MLS off-season, will stay in Italy beyond March despite his constant denials. "Our wish is that he continues with us," coach Carlo Ancelotti said.

BOXING British former WBA and IBF light-welterweight champion Ricky Hatton will fight Filipino Manny Pacquiao in Las Vegas on May 2, his lawyer said yesterday. "We have got the contract, signed by Manny," Gareth Williams told the BBC. Hatton is the world's top-ranked light-welterweight. Pacquiao, 30, outclassed Oscar de la Hoya in December to confirm his reputation as the best pound-for-pound fighter in the world.

REUTERS



Prepare for the hype
Nearly 5,000 media members from around the world has been accredited for Super Bowl XLIII in Tampa this year. METRO NEWS SERVICES

CFL-reject Berry leading the Cards' D

It happens, oh, every 20 years or so. A player joins a CFL team, stinks, gets released, is waived through the league and becomes an NFL star.

Take Bertrand Berry, for example. At 33, Berry is largely responsible for his team's stunning ascent to Sunday's Super Bowl.

There are no ifs, ands or buts about this. Were it not for his team-high seven sacks and exceptional efforts at defensive end, the Arizona Cardinals would not be in Tampa Bay this week preparing to face the Pittsburgh Steelers for NFL supremacy.

It's bizarre, frankly, since the Edmonton Eskimos soured on Berry after a mere two games in 2000. In eight quarters, Berry recorded one tackle and no sacks.

In the inferior CFL, he was both inconspicuous and incompetent.

Bertrand Berry played in Edmonton in 2000.

NFL
Super Bowl XLIII

So into the scrap heap he was dumped, practically penniless, deemed a has-been and a never-was simultaneously.

And, yet, for the past four seasons, Berry has terrorized NFL opponents and the Cards rewarded him with a five-year contract worth $25 million US.

"I remember him disliking Edmonton," said Berry's agent, Greg Williams, "but I'm also sure his time there motivated him. He wanted so badly to make it in the NFL."

He has. Big time. He's a discard leading the Cards' defence and wise NFL observers suggest Arizona can't prevail Sunday if Berry turns in a lemon.

• Canada's professional football championship will be decided on Albertan grounds the next two seasons. I'm told the CFL will announce formally within a week or so that Edmonton has been awarded the 2010 Grey Cup game. This year's Cup will be played in Calgary ... the Oakland Raiders plan to hire a new offensive co-ordinator soon, and atop their wish list is Marc Trestman, who led the Alouettes to the Grey Cup game in Montreal last November in his one and only season as a CFL head coach ... Als quarterback Anthony Calvillo, the CFL's premier player last season, is eligible for free agency Feb. 16 and will decide shortly whether to re-sign with the Als or retire. If Trestman jumps to Oakland, Calvillo might retire after 15 CFL seasons ... Grey Cup ticket prices have risen dramatically. They ranged from $84 to $274 in Montreal. They'll cost between $195 and $370 in Calgary this year. "I don't think this (is an issue)," said Calgary Stampeders president Scott Ackles, who may or may not know there's a recession ... Don't be surprised if ex-Winnipeg head coach Doug Berry joins the Esks soon as offensive co-ordinator ... Ex-Toronto Argonauts head coach Gary Etcheverry is the Saskatchewan Roughriders' new defensive co-ordinator ... Stamps scout John Murphy is the Blue Bombers' new general manager.

• In baseball, ex-Blue Jays superstar Roberto Alomar will join Toronto's spring-training staff and will coach infielders. Alomar hopes to follow in the footsteps of his father, Sandy Alomar Sr., and become a full-time coach. And the Minnesota Twins are close to signing Canadian Eric Gagne as a setup man for closer Joe Nathan.

YorkReport

Marty York
marty.york@metronews.ca

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

REUTERS

Capt. Bruce Meyer holds an Arizona Cardinals flag as the team plane arrives in Tampa Bay yesterday.

Lots of 'za

• Papa John's in the U.S. expects to sell about a million pizzas Sunday. The company has calculated that a million pizzas lined up side by side would cover the distance from Phoenix to Tampa 13 times and from Pittsburgh to Tampa eight times.

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Ward will play: Roethlisberger

Pittsburgh Steelers quarterback Ben Roethlisberger had barely got his feet off the plane in Florida when he was bombarded with questions concerning the health of receiver Hines Ward.

"People ask me that question and I want to smack them," Roethlisberger said yesterday during the first of many news conferences he will hold before Sunday's Super Bowl against the Arizona Cardinals.

"He's going to be out there. First of all, it's the Super Bowl. Second of all, it's Hines Ward. He's going to be out there and he's going to be just fine."

Ward, one of the key components of the Steelers' quick-strike offence, sprained his knee during the first quarter of the AFC championship game against the Baltimore Ravens and never returned.

The MVP of Pittsburgh's 21-10 victory over the Seattle Seahawks in the Super Bowl three years ago has been listed as questionable for Sunday's affair at Tampa's Raymond James Stadium.

Ward, a 32-year-old four-time Pro Bowl receiver, will not practice until Thursday but said he would be ready to play.

The 11-year NFL veteran with the ever-present smile caught 81 passes and scored seven touchdowns this year.

"As far as I know it looks good," Ward told reporters. "I am well ahead of schedule. I am doing the things behind the scenes that have definitely helped me get to a point where I think I can play pretty good."

Oddsmakers have listed the Steelers as a seven-point favourite to defeat the Cardinals and claim their record sixth Super Bowl. REUTERS

REUTERS

Pittsburgh's Ben Roethlisberger answers questions yesterday.

NFL
Super Bowl XLIII

On-the-go freshness
Stay fresh throughout the day with Dove's new body mist sprays, available in three scents: Nectarine and White Ginger, Grapefruit and Lemongrass and Cucumber and Green Tea. The 89mL bottles, $3.99 each, are a perfect travel size. Available at most drug stores. METRO NEWS SERVICES

Health & Beauty

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Both parties add to breakdown

I want back the diamond necklace I gave you, all the love letters, oh, and my kidney please. Definitely not your typical divorce settlement item, but sure enough, Dr. Richard Batista, a Long Island, NY, surgeon wants his ex-wife to return the kidney he donated to her back in 2001. But he'll settle for $1.5 million in compensation instead. Big of him.

Batista alleged his wife began having an affair 18 months to two years after the transplant. She filed for divorce in 2005 and the settlement has been dragging on ever since. He says it's gotten so bad that he's been prevented from seeing their three young children for months at a time. That's why he took his case with his ex and his ex-kidney, public.

Divorce revenge is unfortunately common. Most people opt for simple things like smashing their ex's car, running up their credit card or posting naked pictures of them on the Internet. But giving your wife your kidney to save her life, one of the most loving, intimate acts one could imagine, and then wanting compensation for it in the divorce settlement tops the bunch.

I understand being angry and feeling betrayed, especially when you think you've been cheated on and betrayed, but acting on feelings of revenge is always a bad idea. Beyond the initial rush, it ultimately doesn't make you feel any better and it shoots your karma all to heck.

I understand being angry and feeling betrayed, especially when you think you've been cheated on and betrayed, but acting on feelings of revenge is always a bad idea.

Nevermind the example you set for your kids: 'Hey kids, if you love someone enough, you'd give them anything, even your own kidney but if they hurt you, be sure and squeeze everything you can out of them, including body organs, even if it might mean they'll die.'

And of course I don't condone cheating, but unless there's some kind of mutual agreement that outside action is OK, if you're absolutely happy in your relationship, who cheats? Obviously, on some level, this was not a happy relationship. Whether we choose to admit it or not, both parties contribute to a marriage breakdown. The blame may not be 50/50, but focusing on the math won't solve the problem.

Granted, whatever causes a split, you've shared a life together, and things should be fairly split when you, well, split. But, as far as I'm concerned, everyone should at least leave the table with all the body parts they showed up with.

Not surprisingly, Batista's case isn't expected to succeed.

Imagine if it did. What's next? 'I paid for your breast implants; I want the money or the sacs of goo in your boobs.'

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Divorce revenge is common, but one recent case where a man is asking for compensation for a kidney he gave his ex-wife tops the bunch, says our columnist.

ADVERTISING FEATURE

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Many of you probably grew up brushing your teeth with toothpastes that contained fluoride. You were told that fluoride made your teeth stronger. Did you ever wonder how it worked?

The answer is really quite simple. The enamel of your teeth is filled with minerals, such as fluoride, calcium and phosphates. Every day, that enamel loses some of those minerals. If enough of those minerals are lost without being replaced, you will have the beginning of tooth decay.

And just how does the enamel lose those minerals? The most common culprits are plaque bacteria and sugars. Is it any wonder we stress the importance of reducing the amount of sugar you eat and keeping your teeth clean and free of plaque?

Many of these minerals are found in the foods we eat and the fluids we drink. However, as dentists, we also believe in aiding in the process by providing fluoride treatments.

Fluoride does do essentially what you were taught it did…it makes your teeth stronger! It can make the enamel more resistant to the damage caused by acids associated with plaque. As fluoride becomes incorporated into your teeth, they are better able to ward off tooth decay.

Dr. David Lui
Dental Surgeon

The key is making sure you get the fluoride you need at the right time. Children as young as 6 months up to 16 years should be exposed to fluoride, as it is during this period that both primary and permanent teeth grow in.

However, it is not just children who benefit from fluoride. Adults are just as prone to losing minerals from their teeth as children. They also want to protect their teeth from decay and make sure they keep their natural teeth as long as possible.

That is why we recommend using fluoride toothpastes. Some people may also find it beneficial to use some of the fluoride mouth rinses that are available at locations such as drug stores. And of course, tap water can be a great source as well.

To make sure you have enough fluoride to protect your teeth, we also recommend visiting your dentist to receive a fluoride treatment. It is a quick and simple treatment that can go a long way to strengthening your teeth.

So when you book those dentist appointments for your children that include a fluoride treatment, don't forget to book one for yourself...because strengthening your teeth with fluoride is a healthy habin…and healthier habits lead to healthier lives.

Dr. David Lui - Dental Surgeon

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Paul McCartney could be getting married again

Former Beatle Sir Paul McCartney is reportedly set to propose to his girlfriend, New Yorker Nancy Shevall, now that her divorce has been finalized and McCartney's daughter, Stella McCartney, has given her seal of approval, the Daily Mirror is reporting. METRO NEWS SERVICES

Entertainment

Celeb stamps

Australia has unveiled a new line of stamps featuring Oscar winners (and Aussies) Nicole Kidman, Russell Crowe, Cate Blanchett and Geoffrey Rush.

INTOUCHWEEKLY.COM

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

Champion of the working man

BRYAN BORZYKOWSKI
for Metro Canada

You'll have to forgive Bruce Springsteen if it sounds like all he's talked about over the last eight years is George W. Bush. It's no secret that he detested the ex-president's policies and he campaigned vigorously for Barack Obama.

While some people might be turned off by the Boss' politics, if anyone knows what middle-class America needs, it's this rugged rock star.

Throughout a 35-year career, the legendary guitar slinger has penned a plethora of tunes from the point of view of the down-on-your luck dude, or the guy traipsing along the open road. One of his earliest hits, Born To Run, was about disillusioned 20-something's in search of the American dream, while Outlaw Pete, the first track off his new album, Working on a Dream, talks about a run down character who can't escape his past.

The new Boss

- Bruce Springsteen's new album Working On A Dream is available in stores starting today.

Despite so many years between his first record, Greeting From Asbury Park N.J, and his latest, it's astonishing that Springsteen's championing of the little guy hasn't wavered. Though, with Obama now in office and "change" the mantra of the day, it sounds like life for Springsteen's America could get a little easier.

"You spend 35 years, singing your songs about a place. And you see that place in things that people are doing in their communities from city to city on a local basis. But you don't see it on a national level," he told the Guardian recently. "So you work under the assumption that you have some small thing that you can do about it… but you don't see it. And then something happens that you didn't think you might see in your lifetime, which is that that country actually shows its face one night, on election night."

Getting to this point, where Springsteen can feel good about the state of his country, has been a tough slog. Not only has America come a long way, but his own career has too. After struggling to obtain commercial success in the early 70s, the Boss had huge hits with a number of albums, including The River and Born In the U.S.A.

Near the end of 80s and the early 90s, however, he divorced his wife of three years, hooked up with current partner and bandmate Patti Scialfa, he dissolved the E Street Band to scorn from fans, and two albums, Human Touch and Lucky Town, failed to resonate with his followers like his previous albums had.

Although he won a Grammy for Streets of Philadelphia in 1994 a changing musical landscape and a growing family — he has two sons and a daughter — took Springsteen out of the spotlight for a number of years.

But no one can keep the Boss down, especially when America's hurting. In 2002 he teamed up with his old band and released The Rising, a raw and brilliant collection of tunes that centred around the aftermath of 9/11.

He followed that up, five years later, with Magic, a scathing indictment of the Bush administration. Both albums were big hits, proving that you should never piss off Bruce Springsteen.

Now, though, with his country's future seemingly on the right track, the New Jersey-native is noticeably more optimistic on Working on a Dream. He still speaks of struggling working class Americans, but now they're hopeful and calmer. Some might miss the angry Springsteen, but as he nears 60, it's probably a good time for him to finally relax too.

A.M. SANDLER PHOTO

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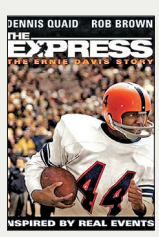
DVD picks

The Express

Director: Gary Fleder
Rating: PG

THE TALE OF Ernie Davis, the first African-American to win college football's Heisman Trophy, can't approach the legend of baseball's Jackie Robinson.

This is not to demean Davis, whose life was shortened by tragedy. But it does limit how far director Gary Fleder (Kiss the Girls) and screenwriter Charles Leavitt (Blood Diamond) can go, especially since most of the action occurs in the late 1950s, before the civil rights movement took hold in the U.S. Fleder and Leavitt stick to the formula basics, relying on good casting to see them through.



Rob Brown (Stop-Loss) as Davis is the picture of the relentless striver, overcoming family struggles, blatant racism.

Davis finds a surrogate father figure in Ben Schwartzwalder (Dennis Quaid, a gruff coach who persuades the young talent to join his Syracuse University team. Once Schwartzwalder has Davis firmly under his command, he pushes him harder than the youth ever expected, though burly teammate Jack Buckley (Omar Benson Miller) provides welcome comic relief.

Aptly named, The Express plows through any subtleties of storytelling, ticking all the boxes of this genre. There's a little romance, a lot of well-choreographed football action and enough motivational speeches to fill a Dale Carnegie book.

The illness that robbed Davis of a long career is also given due respect. Everything moves so briskly in the film; the title is a shortened take on Davis's nickname, The Elmira Express, and even then it's barely mentioned. But consider that a virtue in a movie content to teach familiar messages without overstating them.

TORSTAR NEWS SERVICE

Ziggy Stardust returns
David Bowie is set to resurrect his Ziggy Stardust alter-ego. The Space Oddity rocker is in talks with California's Coachella Valley Music and Arts festival to perform his classic album in its entirety. **FEMALEFIRST.CO.UK**

Thursday night is up for grabs

IntelleVision

WHAT'S THE BIG DEAL ABOUT THURSDAY NIGHT?
William Petersen's exit from CSI took a big bloody chunk out of the show's ratings for its first post-Peterson show last Thursday, when just 17.5 million viewers tuned in, as compared to the 24.3 million who watched the show the previous week.

To be fair, 17.5 million pairs of eyes isn't too shabby — it's over three million better than Grey's Anatomy, the second-place show, though as the L.A. Times pointed out, the ABC show beat CSI in the 18 to 49 demographic that's either vitally important to advertisers or increasingly irrelevant, depending on what "counting angels on the head of a pin" market analysis piece you've been reading.

What it means, however, is that what's considered the most valuable night of the primetime TV week is considered up for grabs again, and the big four networks are already circling each other, shivs drawn, like Sharks and Jets, at least according to another Times piece.

"Thursday is vital to the networks," writes Scott Collins of the Times, "because that's when movie studios and other big advertisers, hoping to lure consumers making weekend plans, are most willing to part with huge amounts of cash.

"Also, it's virtually the only night that can be consistently competitive anymore. The cable networks have increasingly grabbed viewers with original programming on Sundays, while during the second half of the season Fox takes the lion's share of audience on Tuesdays and Wednesdays with American Idol."

Fox recently moved Bones to Thursday to stake out some turf, while NBC's final season of ER constitutes a kamikaze assault of sorts, to try and get some attention before they turn the 10 p.m. slot over to Jay Leno's new show later this year. It's a tense little slapfight, but no one is looking like they're the clear contender to rule the night the way NBC did for so long.

SONIA FLEMMING/CBS
Lawrence Fishburne as Dr. Raymond Langston in a recent episode of CSI.

Thursday was comedy night when NBC owned it, starting with The Cosby Show and Cheers in the '80s, and continuing through Must See TV before the turn of the millennium and the combination punch of Seinfeld and Friends.

ABC, who previously had little more than their Thursday Night Movie to bring to the fight, briefly stole the lead with Who Wants to be a Millionaire (apparently being considered for a revival with original host Regis Philbin), before CBS stepped over NBC's supine carcass with Survivor and then CSI.

The night is obviously worth fighting over — Seinfeld only drew just over 21 million viewers during its peak finale season, and Friends was drawing 24.5 million during the 2001-02 season, back before the TiVo revolution — which means that, on at least one night a week, people are still reliably rooted to their couches, remote in hand.

But if none of the networks can cook up anything better than graying procedurals and struggling shows shifted from other nights, viewers may decide that Thursday night is ideal for drawing down their PVR queue or getting a head start on their season box set marathons.

Rick McGinnis writes about music, movies, books and television, but not opera.

Flavor Flav takes Nite Tales to TV

TELEVISION Rapper and reality TV star Flavor Flav and filmmaker Deon Taylor have signed a deal to turn their BET movie Nite Tales into an anthology television series.

Nite Tales, described as "30-minute tales of irony and twists," originated with the BET movie that aired on Halloween and is set for DVD release Feb. 3 by BET, Paramount and Deon Taylor Enterprises.

Taylor describes the new show as Tales From the Crypt meets The Twilight Zone, with Flav playing a role similar to Crypt's Cryptkeeper, as he did in the BET movie.

The show will have a web presence, including an online contest Taylor is planning in which fans can name Flav's character.

ETHAN MILLER/GETTY IMAGES
Flavor Flav

Taylor said he's targeting a young audience that might not not know Crypt or Zone well, for whom Tales would be a new concept. The plan is for Tales to premiere this year as a weekly cable series.

Taylor also is planning a Tales movie every Halloween, including one called Terminated, written with Thomas H. Fenton (Saw IV), that is intended for theatrical release this year. **REUTERS**

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60 Minutes lands hero pilot interview

TELEVISION The ongoing booking war between the networks erupted anew with the news that hero pilot Chesley Sullenberger will tell his story on 60 Minutes instead of NBC's Today. Except for brief remarks Saturday in his hometown of Danville, Calif., the public hasn't yet heard from the US Airways captain who safely landed a full Airbus A320 in the Hudson River after losing both engines as he left New York's LaGuardia Airport on Jan. 15. **REUTERS**

Real World jets off to sunny Cancun

TELEVISION And the location for the next season of The Real World is ... Cancun. The Mexican vacation destination will host the show's 22nd season. There, the housemates will work with spring break resource site StudentCity.com to serve as guides for visiting college students. **REUTERS**

GlobalStyle

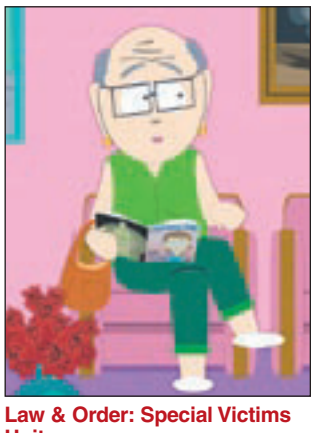
Kenya Hunt
metronews.ca/globalstyle

1/27/09

OT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	265	353	2	TVO	Undersea Exp.	Parks	The Agenda With Steve Paikin		The Street		Stephen Fry in America (N)		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	NCIS "Love & War" (N)		90210 "The Bubble"		Project Runway Canada		News (N)
	-	-	5	SRC	Virginie (SC)	La Facture	Providence (HDTV) (SC)		Roxy (SC)	Grosse vie	Le Téléjournal et Les Nou		La Zone
	209	342	6	CHRO	Instant Star	TMZ (N)	Cold Case		Law & Order		(10:01) Without a Trace (N)		News (N)
	196	311	7	CTV	Hollywood	etalk	American Idol (HDTV) (N)		(9:01) Fringe (N)		Law & Order: SVU		News (N)
	208	303	8	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Wild Roses (HDTV) (N)		CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	The Biggest Loser (N)				Law & Order: SVU		News (N)
	117	713	10	TVA	Les Gags (N)	Histoires-filles	La Fièvre de la danse (SC)		La Promesse (HDTV) (SC)		TVA 22 heures	(10:45) Denis Lévesque	
	-	-	11	QS	Catherine (SC)	Piégé Zézé	Le Grand Rire (SC)		Men in Trees: leçons		Cent dix pour cent (SC)		Msr Showbiz
	137	763	12	TFO	Panorama		Évolution "Le Rôle du sexe"		*Le Docteur Mabuse* ★★★★ (1922, Suspense)				Dans le secret
	-	362	13	CBS	Dr. Phil (HDTV)		NCIS "Love & War" (N)		The Mentalist (HDTV)		(10:01) Without a Trace (N)		Two/Half Men
	216	395	14	OMN2	Raymond	Raymond	News (N)		News (N)		Two/Half Men	King	Cold Case
	214	344	15	CITY	Law & Order: SVU		Privileged (HDTV)		Scrubs	Scrubs	Primetime: What Would		News (N)
	115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)		Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18	E!	The Insider (N)	E! News	The Biggest Loser (N)				Ruby (N)	Kimora: Fab	News (N)
	-	361	20	ABC	News (N)	Entertainment	Homeland Security USA		Scrubs	Scrubs	Primetime: What Would		News (N)
	512	396	24	CPAC	La Période de questions		Heure polit.	L'Heure politique				Revue	Période-quest.
	651	355	25	CTS	Happy Days	Laverne	Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	American Idol (HDTV) (N)		(9:01) Fringe (N)		News (N)		News
	-	-	64	PBS	Business Rpt.	Snowtrails TV	Nova (HDTV) (N) (DVS)		Frontline/World (DVS)		Independent Lens		Tavis Smiley
	205	312	104	CTV	Hollywood	etalk	American Idol (HDTV) (N)		(9:01) Fringe (N)		Law & Order: SVU		News (N)
news	502	390	26	NW	CBC News	Business	Politics With Don Newman (N)		CBC News: The National		Politics With Don Newman		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	Overtime		NHL Hockey New Jersey Devils at Ottawa Senators. (HDTV) (Live)				Sportsnet Connected		Hockey Central
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	400	280	30	TSN	NHL Hockey Washington Capitals at Boston Bruins. (HDTV) (Live)					Tennis Australian Open -- Men's and Women's Quarterfinals.			
	410	403	52	SCR	Cabby Unlimit	Court Surfing NBA news, scores and highlights.					Score Tonight		Hockey Talk
	411	457	56	OLN	Bounty Hunter	Bounty Hunter	Survivorman		Mantracker		Bounty Hunter	Bounty Hunter	Survivorman
	417	406	59	SC	NASCAR Pre.	Pass Time (N)	Low Life	Low Life	Super Bikes!	Super Bikes!	Hot Import	Hot Import	NASCAR Pre.
family	554	544	48	TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Misadventures	Futurama	American Dad	Robot Chicken	Gay Couple
	557	540	51	FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	Adrenaline	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Prank Patrol	Falcon Beach		Mystery Hnt.
cable variety	570	580	29	MM	mmmtop	Where You At	Popaganda "Outed!"		Gene Simmons	Gene Simmons	Celebrity Wrestling		Listed
	615	520	31	A&E	CSI: Miami "10-7"		The First 48		The First 48 (HDTV)		Manhunters	Manhunters	The Beast
	628	584	32	SPKE	CSI: NY "Jamalot"		CSI: NY "Trapped"		UFC Unleashed		UFC Unleashed		MANswers
	521	560	34	TLC	Jon & Kate	Jon & Kate	Jon & Kate Plus 8		17 Kids-Count	17 Kids-Count	Toddlers & Tiaras (N)		Jon & Kate
	145	761	35	TV5	À communiquer		Les Bébés animaux		Chez Maupassant		Facteur	D'Est en Ouest	Journal TV5
	616	521	39	SHO	The Outer Limits		Mutant X "Fool for Love"		Testees	Trailer Park	The L Word Flashbacks.		House
	620	523	40	BVO	Samba Squad		Live at the Rehearsal Hall		In the Shadow of the Blues		At the Concert Hall (N)		Law & Order
	520	505	42	DIS	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Time Warp (N)	Toughest Race: Iditarod		Daily Planet
	575	583	43	CMT	Cross Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Three Wishes
	601	562	45	SLC	Til Debt-Part	Rich Poor	Date My Ex: Jo & Slade		Rich Bride, Poor Bride		End of Leash	End of Leash	ET Canada
	625	548	46	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	S. Silverman	Flt.-Conchords	Daily Show
	294	529	47	TBS	House-Payne	House-Payne	*Exit Wounds* ★ (2001, Action) Steven Seagal, DMX.				Steve Harvey	Seinfeld	Family Guy
	600	564	49	H&G	House Hunters	Property Virgin	Pure Design	Style	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes-Homes
	627	528	50	SPC	Stargate Atlantis (DVS)		Lost "Pilot" (Part 2 of 2)		Star Trek: Voyager		Destination Truth		Stargate SG-1
	581	566	53	MTV	Mom & Dad	After	MTV News	Cribs	A Double Shot at Love		A Double Shot at Love		MTV Live
	618	524	54	TROP	Planet Soap	Big Screen	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	522	506	55	HIS	NCIS "Blowback"		Ultimate Engineering		Ax Men		NCIS "Blowback"		Re-Inventors
	129	773	60	CD	Biographies "Salma Hayak"		Paradis perdus (HDTV)		Images-chocs		Criminels		Danger
	261	394	61	V	Murder, She Wrote		Bless-Father	On the Buses	Quantum Leap		I Prophesy	Supernatural	Poltergeist
	602	567	62	W	Will & Grace	Friends	Extreme Celebrity Scandals		Style by Jury	Style by Jury	How to Look Good Naked		Maxed Out
	269	350	70	APTN	Wings-Canada	Great Towns	Wapos Bay	Rez Rides	Fish Out	Mixed Blessing	Caution: Nuts	Rabbit Fall	Moccasin Flats
	621	527	71	TLK	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Look-A-Like	Off the Leash	The Tonight Show-Jay Leno		TMZ
	603	561	95	FN	Chef at Home	Chef at Home	Restaurant Makeover		The F Word		Good Eats	Good Eats	Iron Chef Am.

critics' corner

South Park
Its edgy humor is usually lots of fun, but this episode just ODs on it. For starters, Mr. Garrison gets a sex change. Just in case the transgender lobby is too small to really cause a ruckus, the subplot has Kyle learn that Jews can't play basketball. So he visits Mr. Garrison's surgeon to get a "'negroplasty" to make him taller — and black. 9:30 PM on 46 COM



Law & Order: Special Victims Unit
In "Lunacy," Benson and Stabler suspect an astronaut's murder is linked to a series of rapes, but the suspect's alibi checks out. Stabler turns to his old mentor, astronaut Dick Finley, whose input proves to be a double-edged sword. 10 PM on 7 CTV 9 NBC 104 CTV

Without a Trace
This week, Jack and the team search for Elena's former partner, an undercover cop who went missing after a sting. During the investigation, Elena is forced to face the repercussions of her own past actions as she races to find her friend in "Once Lost." 10:01 PM on 13 CBS 6 SHRO

Oprah good choice for Obama's senate seat: Illinois governor
Scandal-scarred Illinois Gov. Rod Blagojevich had someone else in mind for U.S. President Barack Obama's vacant senate seat: Oprah Winfrey. Blagojevich told Good Morning America he thought the talk-show host and media mogul would be a good choice. METRO NEWS SERVICES

Celebrity Buzz

Kanye changes name in wake of fashion ad

BLOG POST Kanye West has changed his name, according to femalefirst.co.uk. The Stronger singer wants to be known as Martin Louis The King Jr. in future after being "forced" to adopt a new pseudonym following the launch of his new footwear range for Louis Vuitton, which was unveiled during Paris Fashion Week last week.

In a posting on his blog, the rapper said in a video message "to the world" that, "Due to what has happened — what has happened so severely when the red shoes hit the runway, I was forced to change my name to Martin Louis the King Jr. Address me as such."

Referencing T.I.'s Swagger Like Us, West ended the video by saying: "And until then I will be in the building, swagger on a hundred-thousand trillion."

Meanwhile, a blog post supposedly by West-saying he wants to try his hand at adult film is apparently the result of hackers, says the singer. The post, which got a lot of attention over the weekend, had West purportedly writing, "I'm open to doing porn. Hell, I'll even do bisexual scenes."

But the rapper insists the phony feature is the result of hackers taking over his MySpace and e-mail accounts. "I just gave the performance of my lifetime for our new president," West said in response to the breach. "Please, I beg you, give me a break! Just let me be great!"

METRO NEWS SERVICES

Franco grew fond of Milk moustache

ROLE James Franco liked the moustache he sported in Milk, femalefirst.co.uk reports. The Pineapple Express star portrays Scott Smith in the movie and says he was surprised to find he didn't detest his facial hair or costumes as much as he expected to.

He said: "I thought I was going to hate the moustache but I grew to kind of like it and the clothes aren't too far from what people wear today."

The actor shares love scenes with Sean Penn, who plays Harvey Milk — California's first openly gay elected official, who was assassinated — but insists he wasn't worried by the homosexual encounters.

He added to BBC Newsbeat: "Intimate scenes like that, whether it's with an actress or an actor, there's not a lot of discussion that goes on, you just kind of do it. So we just kind of did it."

METRO NEWS SERVICES

Kelly Osbourne back in rehab

FAMILY Recently engaged Kelly Osbourne has checked into rehab again, according to her mother, Sharon. "Yeah, Kelly's in rehab. What else can we say?" the tearful mother told radaronline.com. "She knew that it was the right thing to do at this point and we're proud that she did it. The family is all standing behind her. Kelly knew that she needed help and she's getting it." Intouchweekly.com says Sharon hasn't revealed why Kelly is in treatment again.

METRO NEWS SERVICES

Jessica sings for Romo

RELATIONSHIP Say this for Jessica Simpson — she doesn't hold back, people.com reports.

"I am so excited that I am going to see my boyfriend tonight," the singer told a crowd of nearly 30,000 fans at Radio 99.9 Kiss Country's annual Chili Cookoff Sunday at C. B. Smith Park in Pembroke Pines, Fla., where she shared the bill with Alan Jackson and other country stars.

Smiling, happy and hopping around the stage, Simpson, 28, performed a medley of her pop hit songs during her hour-long show, as well as delivered new songs from her first country album released last fall.

Simpson's rendition of You're My Sunday, from the country album, was dedicated to her boyfriend, Dallas Cowboys quarterback Tony Romo.

"My boyfriend is a football player, and he takes up my Sundays and now my Mondays," Simpson said.

METRO NEWS SERVICES

Miley over with Jonas feud

VIDEO In Miley World, there's no such thing as a Miley Cyrus/Jonas Brothers feud and she never wanted to give Demi Lovato and Selena Gomez a smackdown, says intouchweekly.com. In a candid video on her site, Miley said of her ex-boyfriend Nick Jonas, "I love Nicky. I do love him. I love Kevin. I love Joe. I love Frankie ... So everyone should back off the feud 'cause we're over it."

METRO NEWS SERVICES

Damon finds Bond 'repulsive'

PEOPLE Matt Damon thinks James Bond is repulsive, femalefirst.co.uk reports. The Bourne Identity actor — who played CIA agent Jason Bourne in three hit films — has lashed out at Ian Fleming's famous British spy, currently portrayed by Daniel Craig. He said: "He's repulsive. Bond is an imperialist, misogynist, sociopath who goes around bedding women and swilling martinis and killing people. The movies have a formula, they stick to it, and it makes them a lot of money. They know what they are doing and they're going to keep doing it."

METRO NEWS SERVICES

Blake will avoid Amy: Mom

RELATIONSHIP Amy Winehouse's jailed husband, Blake Fielder-Civil, has vowed to avoid all contact with the troubled singer, according to his mother — and may use one of her love letters to back up demands for a share of her fortune during divorce proceedings, people.com reports.

"Blake doesn't want a reconciliation with Amy now," Georgette Civil tells People, confirming a report in the British press that her son may use the letter to demonstrate how important he has been to Winehouse's career. According to British newspaper News of the World, which published excerpts of her handwritten letter, Winehouse, 25, promises in it that she will write new albums especially for Fielder-Civil, 26.

The newspaper adds that legal reps for Fielder-Civil — behind bars for assault and attempting to pervert the course of justice — will argue that he is entitled to half of his wife's estimated $15 million US earnings.

A rep for Winehouse refused to comment.

METRO NEWS SERVICES

Brangelina ready for more kids

COUPLE Brad Pitt and Angelina Jolie are "overdue" another child, femalefirst.co.uk reports.

The couple — who have three adopted and three biological kids together — will be adding to their brood in the near future, according to Brad.

He joked: "We average about two a year, so I guess we're overdue, aren't we?"

Angelina confirmed the couple are prepared to extend their family, despite only recently giving birth to twins.

METRO NEWS SERVICES

A behind the screens look at aliens, the paranormal and chilling predictions for the future.

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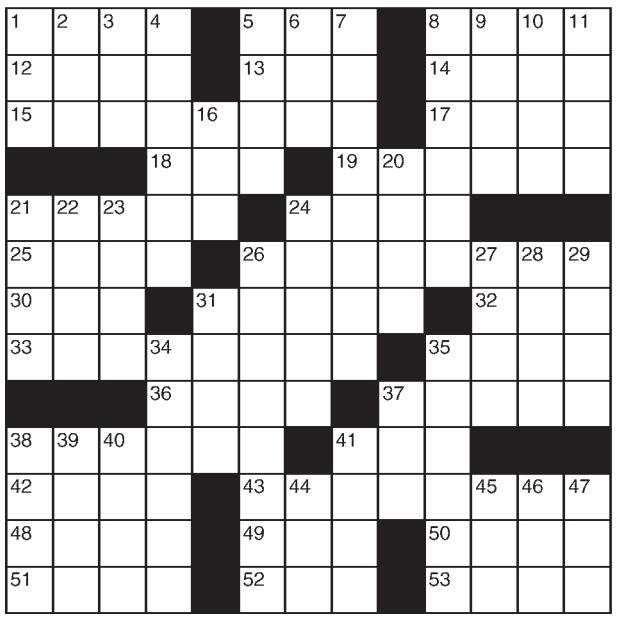
Take Five



Crossword across

1 Wide gap
5 Sleep phenom
8 Jerry Herman heroine
12 Culture medium
13 401(k) alternative
14 Surrounded by
15 Force the inclusion of
17 Ding follower
18 Consume
19 Detachable shirt front
21 Sacred song
24 Houston acronym
25 Uncomplicated
26 Lively folk dance
30 Detergent brand
31 "I see"
32 N.J. neighbor
33 "Hush!"
35 Witnesses
36 Shark variety
37 Journalist Alexander
38 Overnight flight
41 Seek damages
42 Finished
43 File transfer
48 Cherry type
49 NAFTA signatory
50 TV handyman Bob
51 Otherwise
52 Prizefighter
53 Verve

Crossword down

1 Tank fill
2 "Yecch!"
3 Southeast Asian
4 At will
5 Laugh-a-minute
6 Blunder
7 Kind of orange or collar
8 Wild and crazy
9 Wild and crazy
10 "Dibs!"
11 Nervous
16 Scenery chewer
20 "— It Romantic?"
21 Incubator sound
22 Ganges garment
23 Without delay, on a memo
24 "— People" (Frank Loesser song)
26 Installed
27 Notion
28 Hammer-head part
29 "Born Free" lioness
31 Aussie's greeting
34 Come out
35 Put aside
37 Baltimore newspaper
38 Judicial garb
39 Satanic
40 Lairs
41 Booty
44 Buckeyes' sch.
45 Tin Man's need
46 Carte lead-in
47 Sportscaster Dierdorf

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	8						6	
	2	9		4		5	1	
7			3		1			8
		3	2		8	9		
		8	9		5	1		
4			7		3			9
	3	7		8		6	5	
	6						4	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

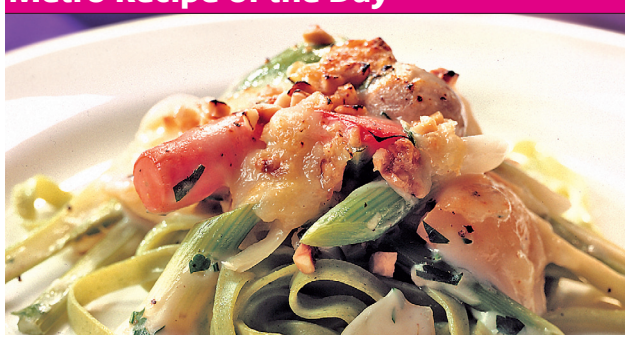
J	O	G	■	S	A	B	E	R	■	W	A	Y		
A	V	A	■	A	M	I	N	E	■	I	R	A		
B	A	Y	W	I	N	D	O	W	■	N	E	W		
■	■	■	A	L	E	■	C	R	E	T	A	N		
G	L	I	D	E	S	■	H	A	T	E	■	■		
A	I	R	■	D	I	E	■	P	U	R	R	S		
P	E	W	S	■	A	S	S	■	I	S	A	O		
S	N	I	P	S	■	P	I	C	■	E	C	U		
■	■	N	O	T	E	■	L	A	T	E	R	■		
H	O	S	T	E	L	■	E	R	A	■	■	■		
U	G	H	■	W	I	N	N	E	B	A	G	O		
B	R	A	■	E	D	U	C	E	■	L	O	P		
S	E	W	■	D	E	T	E	R	■	I	T	S		

7	3	6	1	5	9	8	4	2
8	5	2	3	7	4	6	9	1
1	9	4	6	2	8	5	7	3
6	8	5	9	4	2	1	3	7
2	1	7	5	6	3	4	8	9
3	4	9	8	1	7	2	5	6
4	6	1	7	9	5	3	2	8
9	2	3	4	8	6	7	1	5
5	7	8	2	3	1	9	6	4

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day



Baby Vegetable Fricassée

INGREDIENTS:
1 3/4-lb (750-g) mixture of young and baby vegetables such as broccoli, carrots, cauliflower, mushrooms, onions and pattypan squash or zucchini, etc
2 tbsp (25 ml) dry vermouth
1 bay leaf
2–3 fresh parsley stems
1 sprig thyme
Salt and black pepper
1 oz (25 g) Parmesan cheese, grated
2 tbsp (25 ml) whole-wheat bread crumbs

FOR BÉCHAMEL SAUCE:
3 tbsp (45 ml) low-fat margarine
3 tbsp (45 ml) all-purpose flour
2/3 cup (150 ml) 2% milk
3 tbsp (45 ml) low-fat sour cream
2 tbsp (25 ml) coarsely chopped fresh parsley

METHOD:
1. Prepare vegetables: Trim broccoli or cauliflower into small florets; top and tail carrots; slice mushrooms; quarter onions; halve pattypans or top and tail baby zucchini.
2. Put 2 2/3 cups (600 ml) water into large pot and add vermouth, bay leaf, parsley stems, thyme and salt and pepper. Bring to boil. Add vegetables, reduce heat and simmer 5 minutes.
3. Using slotted spoon, transfer vegetables to shallow 1 1/2-quart (1.5 l) flameproof dish. Set aside and keep warm.
4. Discard herbs and return vegetable stock to fast boil. Cook uncovered 10 minutes, or until it reduced by half. Preheat broiler.
5. For sauce, melt margarine in large pot and whisk in flour. Cook 1 to 2 seconds, then gradually strain in stock. Add milk and whisk. Bring to boil, reduce heat, and simmer 3 minutes. Remove from heat, stir in sour cream and chopped herbs, and season to taste.
6. Pour sauce over vegetables, sprinkle cheese and bread crumbs over top and place under broiler for 2–3 minutes, until topping is lightly browned. Serve hot.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Be calm with a caller who demands attention. Those in charge will raise your status. The simple pleasures won't be too difficult to obtain.

TAURUS
APRIL 21-MAY 21
Your promises can be relied upon. An inconvenient mistake will cause turmoil. You'll want to give up on a foolish notion.

GEMINI
MAY 22-JUNE 21
Your disinterest won't fix someone's failure. You must concentrate to grasp an idea. A scared man will be taken by surprise.

CANCER
JUNE 22-JULY 22
You can be strong when dealing with the down-hearted. Guide someone who feels lost. Telling the truth has unexpected results.

LEO
JULY 23-AUG 23
You must be careful while cooking. Someone's love life is challenged by a scandal. Stupid mistakes become a comedy of errors.

VIRGO
AUG 24-SEPT 22
Reconsider your anger over a minor irritation. Forgive an elder for a thoughtless remark. A puzzling ailment will break a bad habit.

LIBRA
SEPT 23-OCT 23
An unusual love story gives more satisfaction. Someone you know will cause less vexation. You'll be sensible enough to deal with a change.

SCORPIO
OCT 24-NOV 22
A man tells someone what to do. A travel arrangement must be altered. The extraordinary consequences of an action are felt.

SAGITTARIUS
NOV 23-DEC 21
Someone is infatuated with you. You'll see the truth in a relationship. Technical support influences a major decision.

CAPRICORN
DEC 22-JAN 20
A woman overhears you discussing personal matters. A creep tells a bad joke. Take strong action when someone whines.

AQUARIUS
JAN 21-FEB 18
Fight for justice and refuse to play by the rules. Harmful conditions are cast off and freedom is gained. Don't be anxious about becoming a pest.

PISCES
FEB 19-MARCH 20
You are going in the wrong direction. A buddy's honour is challenged. Someone starts showing you the right kind of attention.

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